

FRG Weekly Newsletter

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Family Readiness Programs
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How to Drive in Icy Conditions

The key to driving in icy conditions is to move slowly and brake gently.

- **STEP 1:** Make sure all passengers are wearing seat belts.
- **STEP 2:** Use the defroster and windshield wipers for better visibility.
- **STEP 3:** Brake, change speeds and turn slowly.
- **STEP 4:** Give sufficient warning time to other drivers when turning, stopping or changing lanes.
- **STEP 5:** Keep plenty of distance between cars. You never know when you will hit an icy spot.
- **STEP 6:** Pump the brakes slowly and gently if your car doesn't have antilock brakes. Constant pressure can cause them to lock and skid.
- **STEP 7:** If you do skid, turn the wheels into the direction of the skid.
- **STEP 8:** Keep in mind that melting ice is still slippery. Drive slowly so that your tires can push water through their grooves for better traction.

Tips & Warnings

- Four-wheel-drive cars maneuver better on ice, but that doesn't mean they can stop quickly. Leave plenty of distance between you and other cars. If

- you pass the same landmark as the car in front of you within 3 seconds, you are following too closely.
- Avoid cruise control when driving on ice.

The Truth About Alcohol

Slang—*Booze, Sauce, Brews, Brewskis, Hooch, Hard Stuff, Juice*

Alcohol affects your brain. Drinking can lead to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and even blackouts.

Alcohol affects your body. Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life threatening diseases, including cancer.

Alcohol affects your self-control. Alcohol can depress your central nervous system, lower your inhibitions, and impair your judgment. Drinking can lead to risky behaviors, such as driving when you shouldn't, or having unprotected sex.

Alcohol can kill you. Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma or even death. Driving and drinking also can be deadly. In 2003, 31 percent of drivers age 15 to 20 who died in traffic accidents had been drinking alcohol.¹

Alcohol can hurt you—even if you're not the one drinking. If you're around people who are drinking, you have an increased risk of being seriously injured,

involved in car crashes, or affected by violence. At the very least, you may have to deal with people who are sick, out of control, or unable to take care of themselves.

Before You Risk It...

Know the law. It is illegal to buy or possess alcohol if you are under age 21.

Get the facts. One drink can make you fail a breath test. In some States, people under age 21 can lose their driver's license, be subject to a heavy fine, or have their car permanently taken away.

Stay informed. "Binge" drinking means having five or more drinks on one occasion. Studies show that more than 35 percent of adults with an alcohol problem developed symptoms—such as binge drinking—by age 19.

Know the risks. Alcohol is a drug. Mixing it with any other drug can be extremely dangerous. Alcohol and acetaminophen—a common ingredient in OTC pain and fever reducers—can damage your liver. Alcohol mixed with other drugs can cause nausea, vomiting, fainting, heart problems, and difficulty breathing. Mixing alcohol and drugs also can lead to coma and death.

Keep your edge. Alcohol is a depressant, or downer, because it reduces brain activity. If you are depressed before you start drinking, alcohol can make you feel worse.

Look around you. Most teens aren't drinking alcohol. Research shows that 71 percent of people 12-20 haven't had a drink in the past month.

Know the Signs...

How can you tell if a friend has a drinking problem?

Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may have a problem with alcohol:

- Getting drunk on a regular basis
- Lying about how much alcohol he or she is using
- Believing that alcohol is necessary to have fun
- Having frequent hangovers
- Feeling run-down, depressed, or even suicidal
- Having "blackouts"—forgetting what he or she did while drinking

What can you do to help someone who has a drinking problem?

Be a real friend. You might even save a life. Encourage your friend to stop or seek professional help. For information and referrals, call the National Clearinghouse for Alcohol and Drug Information at 800-729-6686.

Useful Phone Numbers

(All numbers are 337 area code unless otherwise stated)

1 st CSB (ME) (P) Staff Duty	531-2157
4IBCT 10 th MTN Staff Duty	531-0517
Army Emergency Relief	531-1957
(after hours 800-241-1071)	
American Red Cross	531-1929
(after hours 877-272-7337)	
Army Community Service	531-1948
BJACH Information	531-3118
CDC Registration	531-1955
Commissary	531-4053
Family Life Chaplain	531-6816
Family Life Consultant	531-1938
Family Readiness Center	531-9426
Military One Source	800-342-9647
Military Police	531-2677
Piceme	537-5000
Post Information	531-2911
PX	531-1001
Public Affairs Office	531-2714
RCI	537-6000
Sexual Assault Response	531-1848
Tax Center	531-1040
Victim Advocacy Program	531-6333
WIC	238-1203

Art Program

South Polk Elementary and the OSC have joined together for the second year of the Art Program. The program is one that not only creates art, but is multicultural, vocabulary, and literature based. Lessons will be on five consecutive Fridays starting in January and are from 1:30-2:45pm. Each lesson will include a volunteer reading a selected book, and an art project. The books that were chosen to go along with the art lessons are not only on the Accelerated Readers list, but many are also Caldecott Award winners. The program is already in full swing. It is divided into three on-going sessions. They are currently in the first session, working with the fourth grade. The next session will be with second grade and will be every Friday from March 2nd- March 30th. The last session will be with third grade and will be every Friday from April 20th- May 18th. The OSC is looking for parents and other volunteers that are able to commit to the five Fridays in the second and third sessions. If you are able to volunteer please contact the OSC Art Program Chair, Misty Whipple through e-mail at mistybw@yahoo.com.

Theater Tickets and Transportation

Saturday, January 27

Some Enchanted Evening

Dinner at private Southern Trace Country Club

Wednesday, January 31

Joseph & the Amazing Technicolor Dreamcoat

Dinner at Blue Dog Café

Friday, February 16

Blue Man Group

Bossier City

Saturday, February 24

HATS! A new musical about fun & fellowship as women reach the big 5-0.

New Orleans

Tuesday, February 27

Vatican Mosaic Exhibition

Lunch at LaCote Brasserie, New Orleans

Tuesday, April 10 & Wednesday, April 11

See one of 2 great shows - Wicked, the musical OR Cirque du Soleil "Corteo"

Thursday, April 26 - Tuesday, May 1

Philadelphia, Amish Country & King Tut exhibit

The following motorcoach trips require the purchase of theatre tickets so the sooner you make your reservation the better seats you will get.

Pick up locations in Leesville McDonalds and Entrance Road McDonalds.

Please contact below for reservations and prices and don't forget to ask about military discounts.

Cenla Travel
244 Belleauwood Boulevard
P O Box 13241
Alexandria LA 71315
Telephone: 318.443.9038

Upcoming Events

20 Jan

10 am, MWR Range

Pistol Duel Competition

For more information 531-6591

21 Jan

Stars and Strikes Bowling Center

11 am, ***Color Pin Bowling***

6 pm, ***Cosmic Bowling***

For more information 531-6273

21 Jan

12 & 3 pm, Sports America

NFL Football

For more information 531-7404

21 Jan

10am, MWR Range

3D Archery Shoot

For more information 531-6591

16 Jan

Siegfried Youth Center

6:15 pm, ***Chart Your Course***

For more information

parent2parent@hotmail.com

26 Jan

ACS

9am, Play Morning

10am, Baby Sign Language

1130am, Anger Management

For more information 531-1938

25 Jan

9 am, Allen Library

Public Storytime

For more information 531-2665

25 Jan

7 pm, Rosepine High School

Harlem Ambassadors

For more information 531-1959

26 Jan

6 pm, ACS

Game Night

For more information 531-1941

Army Family Action Plan Conference

The JRTC and Fort Polk conducts its Army Family Action Plan (AFAP) Conference 30-31 Jan 2007, 0830-1600, at the Army Community Service Center (ACSC, Bldg 920) to identify issues of concern regarding Soldier readiness and Soldier/family retention.

The purpose of AFAP is to improve family programs, benefits, and entitlements for America's Army (active duty, Reserve Components, retirees, DA civilians, and family members).

Family members are invited to participate in this wonderful forum as a way of having their voices heard.

Drop boxes are located throughout the Installation to put you comments, questions, and suggestions.

For more information or to sign up please call 531-9421. Please let a message on the recording if you don't get an answer. Your call will be returned in a timely manner.

See form below for your convenience.

JRTC AND FORT POLK ARMY FAMILY ACTION PLAN (AFAP)

CONFERENCE ISSUE PAPER

ISSUE TITLE: _____

SCOPE: _____

RECOMMENDATION:

NAME: _____ TELEPHONE NUMBER: _____

(Please note that your name WILL remain confidential. It is needed for possible issue clarification ONLY.)

SPONSOR'S UNIT: _____

ISSUES WITHOUT A NAME, UNIT AND TELEPHONE NUMBER WILL NOT BE CONSIDERED.

ISSUE TITLE: WHAT IS THE PROBLEM?

SCOPE: WHY IS IT A PROBLEM?

RECOMMENDATION(S): SUGGESTIONS ON HOW TO FIX THE PROBLEM – NO MORE THAN 3 RECOMMENDATIONS.

ISSUE SHEETS MUST BE TURNED INTO FAMILY READINESS CENTER, BUILDING 924, MISSISSIPPI AVENUE, OR FORT POLK WEB SITE <http://www.jrtc-polk.army.mil> an click on ARMY FAMILY ACTION PLAN

Print this page and fill out this portion and drop off at PX, Commissary, CDC, ACS, FRC, Library or BJACH or email your issue to afap@polk.army.mil with all information on this form.



Cooking for Two-A Romantic Dinner

Enlisted Spouses Club is hosting a Cooking Club.

The next class will be in theme with Valentine's Day.

This club is open to everyone. You don't need to be a member of ESC to come.

This club will be quarterly. There will be a new recipe each time.

If you are not a member of ESC there will be a surcharge of \$2 to help offset the cost of food.

For more information please call 537-0711 or email at escftpla@hotmail.com

When: 23 Jan

Where: Education Center (rm 115)

Time: 6:30 pm

Fort Polk College Bazaar

Brought to you by Fort Polk Parent 2 Parent

Who: Middle and High School Students and their parents

What: An afternoon learning about benefits of attending college, the importance of early planning and course rigor, and how to fill out a FAFSA. Additionally, you will explore the college admissions and financial aid processes. They will help students create a college portfolio.

When: 10 Feb, Saturday

Time: 1030-1330

Where: Warrior Community Club

You must RSVP to attend at PolkParent2Parent@hotmail.com or (337) 353-6850

Door Prizes and Free pizza for lunch!

Beauregard Parish Schools

- | | |
|-----------------------------|-----------|
| ● Holiday – President's Day | 19 Feb |
| ● Holiday-Mardi Gras | 20 Feb |
| ● State-wide Testing | 19-23 Mar |
| ● Holiday - Presidents Day | 19 Feb |
| ● Spring Break/Good Friday | 2-6 Apr |
| ● Last day of School | 25 May |

Vernon Parish Schools

- | | |
|---------------------------|-----------|
| ● GEE Senior Only Retest | 12-16 Feb |
| ● Holiday-President's Day | 19 Feb |
| ● State-wide Testing | 19-23 Mar |
| ● Student Holiday | 5 Apr |
| ● Easter/Spring Break | 6-13 Apr |
| ● Last day of School | 25 May |